

Feedback

Feedback is information given by a coach, teacher or even by the athlete themselves that helps to judge performance and shape the athlete's ability to perform a skill in the future.

Types

Continuous Feedback

- clear to the athlete during the performance how well it is going
- ie. Whether a routine is going as well as it did in practice

Terminal Feedback

- takes place at the end of a performance
- Free Throw or Golf Putt

Knowledge of Results

- could be a simple confirmation of whether you won or lost
- ie. Ski Racing

Knowledge of Performance

- concerns how well the performance was done rather than just the end result
- ie Figure Skating

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Intrinsic Feedback

- this is sensed, or felt, by the performer while they are performing
- ie Sweet spot on the ball

External Feedback

- this comes from sources other than the performer such as sounds or things they can see.

- ie crowd noise, coach comment

Positive Feedback

- information received regarding successes in the performance
- ie congratulations, medal, walk off home run

Negative Feedback

- information about the unsuccessful aspects of a performance
- ie parents' comments in the car, bad hand placement spike

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